

NOTICE OF MEETING

HOUSING & SOCIAL CARE SCRUTINY PANEL

THURSDAY, 8 OCTOBER 2015 AT 9.00 AM

THE EXECUTIVE MEETING ROOM - THIRD FLOOR, THE GUILDHALL,
PORTSMOUTH

Telephone enquiries to Lucy Wingham, CCDS Tel: 9283 4662

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Membership

Councillor Darren Sanders (Chair)
Councillor Ryan Brent (Vice-Chair)
Councillor Margaret Foster

Councillor Gemma New
Councillor Stuart Potter
Councillor Phil Smith

Standing Deputies

Councillor Dave Ashmore
Councillor Jennie Brent
Councillor Hannah Hockaday

Councillor Ian Lyon
Councillor Lynne Stagg
Councillor Matthew Winnington

(NB This Agenda should be retained for future reference with the minutes of this meeting.)

Please note that the agenda, minutes and non-exempt reports are available to view online on the Portsmouth City Council website: www.portsmouth.gov.uk

AGENDA

- 1 **Apologies for absence**
- 2 **Declaration of Members' Interests**
- 3 **Minutes of the meeting held on 25 September 2015**

The minutes are to follow.

RECOMMENDED that the minutes of the Housing and Social Care Scrutiny Panel meeting held on 25 September 2015 be agreed as a correct record and

signed by the chair of the panel.

4 Support services for people aged 16-25 living in isolation

The panel will continue to receive evidence in relation to this topic from the Teenage Pregnancy Re-integration Officer, the Manager of the Young Parents Support Team and a representative from the Positive Family Future Transformation Team.

Also attached is a written submission from the Carers Centre, specifically young carers and young adult care workers.

5 Date of next meeting

Members to agree the date of the next meeting.

Members of the public are now permitted to use both audio visual recording devices and social media during this meeting, on the understanding that it neither disrupts the meeting or records those stating explicitly that they do not wish to be recorded. Guidance on the use of devices at meetings open to the public is available on the Council's website and posters on the wall of the meeting's venue.

Agenda Item 4

Written submission.

To: the Housing and Social Care Scrutiny Panel

From: the Carers Centre and specifically young carers and young adult care workers.

Review topic - support services for people aged 16-25 living in isolation.

Carers Centre (Adult Social Care) notes around Carers experiences of the below objectives:

- **To identify whether people aged 16-25 living in Portsmouth experience feelings of isolation**

- **To understand the reasons why people feel isolated**

Social isolation is a common issue for carers as many carers give up social opportunities, work and leisure activities due to the demands of their caring role. Many carers also struggle to share how they feel about their caring role as they don't wish to sound critical or complain about supporting their family member or friend. Some fear that people who are not carers will not understand the pressures and challenges of a caring role and therefore become isolated because they don't wish to discuss the situation.

- **To examine the symptoms of isolation**

Carers often give up work or education to prioritise their caring role. They may struggle to maintain friendships as they have less time for social engagements. Carers often experience poor health in comparison to their non caring peers, this may manifest as poor physical or mental health. The age group most affected by poor health is young male carers.

- **To assess what support is available**

Anyone who is actively caring for someone who lives in Portsmouth can access support from the Carers Centre from the age of five upwards. The type of support offered will depend on the level of caring, the impact the caring role is having and what is appropriate to that carer as an individual. Typical services provided are access to an assessment (restricted to over 18's until a new young carers assessment is in place next year), information and advice, emotional support, access to training, access to group support or positive activities (for young carers), access to a break.

- **To assess the possible barriers to accessing support services**

Barriers may be presented by the demands of the caring role for example having time out to access services, location or the time provision is offered can also present barriers.

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